Five-A-Day

Creating an app that generates the best combination of fruits and vegetables for the clinical population.

Creating an app to identify the combination of fruits and vegetables that would provide most benefit to an individual or population group could provide significant public health benefit by increasing consumption of fruits and vegetables and reducing both nutrient deficiencies and chronic disease in a more targeted fashion.

So far we have completed three surveys (1) investigating the fruit and vegetable availability in Oxfordshire, (2) identifying the fruit and vegetable preference and choice factors of individuals living in Oxfordshire, and (3) identifying smartphone usage and health apps in clinical population. These data will be used to develop the model behind the app and to support funding applications.

For more information, please contact Dr Alaaddine El-Chab (a.el-chab@brookes.ac.uk) or see OxBCNH: https://www.brookes.ac.uk/shssw/nutrition/research/oxbcnh/services/

About the project

- The app will assist in the prevention of micronutrient deficiencies in clinical populations.
- The app will be targeting population groups at specific risk of disease to promote their health.